

Strategies for a Healthy, Active New Jersey: *Communities*



Develop incentives that encourage grocery stores and super-markets to offer healthy foods and beverages in underserved urban neighborhoods.

Assist corner stores and bodegas to acquire refrigeration and other equipment that will enable them to sell foods and beverages that are reasonably priced and healthy.

Create *comprehensive community food systems* that offer easy access to a variety of healthy foods and beverages. Such systems include farmers markets, farm stands, mobile markets, community and school gardens, urban farms and food pantries.



Increase opportunities in all neighborhoods for indoor and outdoor physical activity.

Encourage municipalities to locate schools, libraries, parks, playgrounds and other public facilities within easy walking distance from where people live.



Assess the local infrastructure and prioritize changes needed to turn walking and biking into safe, easy options for daily transportation.

Ensure walking/biking paths, playing fields, parks and other facilities for physical activity are free of danger from vehicular traffic, criminal activity and other hazards.